



Healthy Canteen Policy

Related Policies:

First Aid

Purpose:

Good nutrition is a high priority and we should work towards healthier lifestyles.

School years are very important times of growth and development and the canteen can encourage better eating habits in children by promoting and using the five food groups in conjunction with the food pyramid set out by the Heart Foundation of Australia.

Ss Peter and Paul's School's Canteen will provide and promote a variety of nutritious and healthy foods to the students and staff.

Policy:

Good nutrition is very important and we at Ss Peter and Paul's School should work towards teaching our students to make healthy choices, which will lead to healthy adults.

The canteen aims to:

- Provide attractive, nutritious and healthy meals at affordable prices.
- Provide a service to staff, parents and children, which meet their nutritional needs.
- Encourage good eating habits, which we hope the children will carry through life.
- As the school is a multicultural environment we can develop an appreciation of different cultures through their foods.
- Provide foods recommended by the NSW School Canteen Association.
- Link the canteen and the educational programs taught in the school.
- Apply high standards of hygiene as recommended by Food Safe in relation to preparation, storage and serving of food at the canteen.
- Provide a friendly environment for parents to meet and be involved with the school.
- Function as an efficient business and help provide financial support towards resources in the school.

Procedures:

What will be available at the canteen?

The Ss Peter and Paul's School Canteen has divided food into three groups: foods that can be sold at the canteen, foods that are limited in the canteen and foods that will not be sold in the canteen. For a full listing of the types of foods for each category please see Appendix 1.

Foods that can be sold in the canteen:

- These should be encouraged and promoted to students as the best choice and included as a part of the daily canteen menu.
- Foods in this groups are the best choice because they:
 - Are a good source of nutrients
 - Contain less saturated fat and/or added sugar and/or salt.
 - Help to avoid an intake of excess energy (kj)

Foods that are limited in the canteen:

- These foods should not dominate the menu.
- Large serving sizes should be avoided.
- These foods are mainly processed foods that have had some sugar, salt or fat added to them. It is recommended that these foods are selected carefully because in general they:
 - Have the same nutritional value
 - Have moderate levels of saturated fat and/or added sugar and/or salt
 - Can, in large serves, contribute excess energy (kj)

Foods that will not be sold in the canteen:

- These types of foods are high in fat (particularly saturated fat) and/or salt and/or sugar.

They also lack added nutritional value and can contribute to excess energy (kj)

An exception can be made no more than two times a term. These are called Red Days where the Canteen sells food items such as pizza, spiders (ice-cream in fizzy drink) donuts etc.

What should the canteen and sub-committee do?

The canteen and its sub-committee will:

- Be consistent with this policy.
- Be responsible for any changes made to the menu.
- Review the menu every semester to take in any price increases of products.
- Be responsible for price setting.
- Apply a mark up of 40% to cover running costs and profit.
- Subsidise healthy meal deals to encourage sales of healthy foods.
- Participate in special promotional weeks throughout the year but will have a minimum of one per term.
- Limit the amount of foods high in salt, sugar and fat.

How will we market and carry out promotions in the canteen?

The Ss Peter and Paul's Primary School Canteen will:

- Provide menus for parents, students and staff.
- Send home flyers notifying parents of special promotions.
- Provide a 'specials' blackboard and specials to be advised at the canteen.
- Teachers and students should be given at least two weeks notice of any promotion so able to incorporate ideas into their classroom.

How will we link the canteen and the curriculum?

During the school year the Ss Peter and Paul's Primary School Canteen will participate in special promotions such as Healthy Bones Week, Fruit and Veg Week, Heart Week and special days such as Ash Wednesday. The canteen will provide practical learning experiences in making healthy food choices, which can also be reinforced in the classroom.

The canteen can be linked to the classroom. For example:

- Religious Education (providing a meal deal that contains no meat, but serve fish and hot cross buns)
- Health (linking the food pyramid to the canteen).

How will Food Hygiene standards be kept in the Canteen?

The Ss Peter and Paul's Primary School Canteen will:

- Demonstrate high standards of hygiene in relation to preparation, storage and serving of food.
- The canteen manager will be responsible for ensuring that volunteers meet and abide by the hygiene standards.

Occupational Health and Safety in the canteen.

The Ss Peter and Paul's Primary School Canteen will comply with the Occupational Safety and Health Regulations (1996).

School age children under 10 years will not be permitted in the canteen at any time due to safety concerns.

Years 5 and 6 students only are permitted in the canteen to help with serving.

The exception to this is if a parent is rostered on, their child/children are permitted to be in the canteen over the lunch and recess break if they are directly supervised by the parent.

What are the Canteen Management procedures?

The SS Peter and Paul's Primary School Canteen is managed by a Canteen Manager and run on a day-to-day basis. For more information regarding canteen management please see Appendix 2.

References:

Fresh Tastes @ School: NSW Healthy School Canteen Strategy, (2004)
NSW Dept of Health & NSW Dept of Education and Training.

Evaluation:

The Healthy Canteen Policy will be reviewed by the staff of Ss Peter and Paul's School when necessary.

Appendix 1

Foods that can be sold in the canteen:

- Fresh fruit daily
- Salads and vegetables
- A variety of bread (wholemeal, Lebanese, pita and white)
- A variety of low fat dairy products (cheese, yogurt, milk and flavoured milk)
- A variety of lean meats and sandwich fillings as per recommended by the NSW School Canteen Association
- A variety of healthy, portion controlled snacks as per recommended by the NSW School Canteen Association (potato chips and other snacks)
- Bottled water

Foods that are limited in the canteen:

- Pastries – low fat pies, pasties, snack pies, sausage rolls and quiche
- Cakes and biscuits
- Ice-creams
- Lollies – portion controlled and a maximum purchase of 5
- Potato Chips – portion controlled

Foods that will not be sold in the canteen:

- Cola based drinks
- Cans of cool drink
- Iced coffee
- Chocolate and chocolate bars
- Cream cakes
- Any products high in sugar
- Any products high in salt
- Any products high in fat

Appendix 2

Canteen Management

- It is recommended that the Canteen Manager has completed or is completing the TAFE, or accredited, Canteen Management Course. Refresher courses to be attended as required.
- The canteen will not provide credit for students. The exception is if a child has no lunch there is an IOU system which requires payment the following school day.
- Credit will be available for staff after granting permission through the Canteen Manager. The credit account will need to be paid at the end of each term or as decided by the Canteen Manager.
- All volunteers will be provided with a free lunch as thanks for their services.
- Management of canteen finances will be the responsibility of the Canteen Manager.
- Use local suppliers where possible.
- Canteen equipment can be updated by bringing the matter to a canteen committee meeting, but major purchases (over \$250) must be ratified by the School Council.
- All discounts, allowances, complimentary articles, gift concessions and the proceeds from any supplier of good or services, directly or indirectly, to the canteen and be properly recorded and later be entered into stock-take.